



News
from

Harmony Valley Farm

An Update for Our Community Supported Agriculture Members - Since 1993

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June 28, 2003
Vol. 12, iss.10
Week No. 26

Perfection

The day and the berry patch couldn't have been more perfect than they were last Sunday. Thanks to all who came and contributed to the camaraderie and the fine potluck feast at the annual Strawberry Fest.

While we warned that with only half the patch producing there might not be enough berries for everyone to pick until they were fulfilled, it seems the sun and warmth of Saturday took care of any perceived shortage. There were lots of easy-picking berries. In fact, though the pickers thought they were cleaning up the patch, we began picking first thing on Monday morning and didn't finish until 6:00 p.m. There were lots and lots of berries, some so ripe they had to be eaten on the spot. We actually set aside many pounds of super-red berries for Richard's mom and dad to begin preserving. They are arriving on Tuesday and will find that there are berries already picked and waiting to turn into jam or whatever.

Those of you who missed it -- please feel free to pick this coming Sunday -- June 29. You can begin earlier -- 9:00 or so -- and though there won't be a potluck we have picnic tables in the shade if you wish to bring your lunch. Richard will give a tour about 1 p.m. if there is interest. It is not necessary to call ahead. Look at the map in your calendar or on our website. (Note, Newton Road is now a gravel road, until they repave it. That threw a few visitors who had been here before for a loop, as they didn't remember the road being gravel.) Guests who are not members are welcome to pick -- \$2 / lb. Members get their first 4 quarts (2 for every-other-week members) free.

We hope to see lots of members. --L and R

What's Going On?

What happens if a private company creates a product (transgenic seed -- GMO's) that claims to have benefits far greater than it really has? (Ending world hunger, greatly increasing yields, reducing pesticide use, and more!) It throws around all sorts of claims, presenting ambiguous research, at best. It uses its clout to promote the product to a huge sector of agricultural producers who act as unwitting field trialers. They unknowingly take a risk by using an unproven product. Some come out ahead, with the product performing as touted. Other farmers are losers, finding their GM crops have lower yields, unusual reactions to weather conditions and diseases, and unexpectedly lower prices when grain elevators deal with the issues of segregating GM grains and nonacceptance of GM grains by buyers. What happens, incredibly, is that 5 years later the U.S. government goes to bat for that private company, and others developing products using the same technology; promoting their product to the world and even suing for the right to force the EU and other countries (through their trade agreements with the WTO) to accept GM products and to drop their demand for required labeling. Lies and partial truths are told by university and government officials in an effort to discredit concerned scientists



and consumers and dismiss the downsides of transgenic crops. We find this all very amazing and disconcerting.

Conversely, in an effort to make our world safer,

This Week's Box
Arugula Baby Beets with tops Broccoli Garlic Scapes Kohlrabi Lettuces - Red Romaine and Little Gem Green Romaine Purple Scallions Strawberries Zucchini or Summer Squash
Choice: One of the following: Pea Vine, arugula, saute, spinach, mache and/ or chervil.

the government is creating devastating problems for smaller organic shippers. Unlike multinational corporations, small importers and exporters, considered a greater risk, are finding their shipments held up at the border, awaiting lengthy anti-terror inspections. Perishable product is being completely lost and non-perishable items are being delayed to the point of creating a ripple effect in the organic processing industry. Some companies are so small that after several lost shipments, they are in financial ruin.

It's a crazy world. Fortunately, selling fresh, organic produce right to you guys lends some sanity to the food system. Here's to knowing your farmer, where your food comes from, and how it is grown!

GMO Factoid - Organic Farming and Research Foundation conducted a survey. 17% of the farmers surveyed reported that they had tested their crops or inputs for GMO's. Of those farmers, 11% of test results for GMO's were positive.

Lee's Recipes

GARLIC SCAPE DRESSING OR DIP

1 c. mayonnaise
1 c. sour cream
4-5 garlic scapes, finely chopped
1 ½ Tbsp. dried dill
or 3 Tbsp. basil finely chopped
2 Tbsp. white wine vinegar
milk to thin

Mix all ingredients but milk in a blender. Thin to desired consistency.

CHICKEN WITH SCAPES AND CAPERS

2 whole skinless, boneless chicken breasts, halved
4 Tbsp. unsalted butter
2 Tbsp. olive oil
4 Tbsp. dry white wine
2 Tbsp. lemon juice
4 garlic scapes, chopped
1 ½ Tbsp. drained capers

Place the chicken one at a time between plastic wrap and pound thin. Season chicken with salt and pepper. In a skillet, heat 2 Tbsp. butter and oil. Saute chicken until it begins to whiten around the edges. Turn and cook through. Remove to a plate and keep warm. Add butter to skillet. Cook scapes in butter until just tender. Add wine and lemon juice and bring to a boil. Remove from heat, add capers and salt and pepper to taste. Spoon sauce over chicken. Serves four.

KOHLRABI AND CARROT SALAD WITH CREAMY MUSTARD DRESSING

½ c. heavy cream
2 Tbsp. fresh lemon juice
1 Tbsp. coarse mustard
3 Tbsp. chopped parsley
½ tsp. sugar
1 bunch kohlrabi, julienned
3-4 lg. carrots, julienned

Whip cream to soft peaks. Whisk in lemon juice, mustard, parsley, sugar and salt & pepper to taste. Stir in the kohlrabi and carrots.

This came highly recommended from a CSA member who's a new kohlrabi fan thanks to this recipe. The recipe comes from The Passionate Vegetarian by Crescent Dragonwagon with a few changes by me.

DAIRY HOLLOW HOUSE KOHLRABI PUDDING

2-3 kohlrabi, trimmed, peeled and quartered
2 lg. eggs
4 oz. Neufchatel (or cream) cheese, softened
½ c. milk
¼ c. cornstarch
1 tsp. hot sauce
1 tsp. salt
3-4 gratings of nutmeg or a pinch of ground nutmeg
freshly ground pepper
¾ c. grated parmesan

Preheat oven to 375 degrees. Oil a 9 inch sq. baking dish or six individual ramekins. Bring a lg. pot of water to a boil. Add the kohlrabi and cook until slightly softened, 3-5 minutes. Place in a food processor and puree. Measure out 3 c. of puree and set aside.

In the food processor, blend the eggs, Neufchatel, milk, cornstarch, hot sauce, salt, nutmeg and pepper. When smooth, add the 3 c. puree and half the parmesan. Mix, taste and adjust the seasoning. Pour into the baking dish. Place the dish (or dishes) into a larger pan and fill with hot water ½ way up the baking dish. Bake for 30 minutes. Sprinkle with the remaining parmesan and bake for another 20-30 minutes until firm and the cheese is golden brown.

We bought this "Harvest Aid" last year to help us pick more summer squash without more bending and lifting. We like it. Pickers walk behind it and place the squash on a slowly moving belt. On the wagon the squash are wiped clean, counted, sorted.

WILTED BEET AND GREENS SALAD WITH ORANGE VINAIGRETTE

1 bunch beets with greens
1 bag (8 oz.) spinach
2 tsp. orange zest
½ c. orange juice
4 Tbsp. red wine vinegar
2 cloves garlic
2 tbsps. parsley
1 tsp. salt
½ c. extra-virgin olive oil

Remove greens from beets and reserve. Place beets in a roasting pan with a little oil, salt & pepper, and water to cover the bottom of the pan. Cover with foil and bake at 350 degrees until beets can easily be pierced with a fork. Check beets often. The time really varies depending on their size and freshness. Of course the small, fresh beets in your box shouldn't take more than 25-30 minutes. In the meantime, remove the stems from the beet greens and slice into thick ribbons. Place in bowl. Mix the rest of the ingredients in the blender to make the dressing. Heat in sauce pan.

Just a Reminder

Yes, the CSA delivery will go on as scheduled on the weekend of the 4th of July. (And it is a FruitShare weekend.) If you need to make alternate arrangements for your box, please don't wait until the last minute. It is very difficult to accommodate changes in site or week when we are not given at least 48 hour advance notice. That's when mistakes are most likely to happen.

